



**El Centro Elementary School District  
Kennedy & Wilson Jr. High**



**Monday**  
JUMPSTART BREAKFAST  
RAISINS  
1% & NF MILK

**Tuesday**  
BREAKFAST BURRITO  
SALSA  
FRESH FRUIT  
1% & NF MILK

**Wednesday**  
MINI APPLE BUNS  
FRESH FRUIT  
1% & NF MILK

**Thursday**  
SNACK N WAFFLE  
FRESH FRUIT  
1% & NF MILK

**Friday**  
MUFFIN  
APPLE SAUCE CUP  
100% FRUIT JUICE  
1% & NF MILK

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	1 HOT DOG PICNIC BEANS VEGGIE TRAY RANCH DIPPER APPLE BITES GRAPE JUICE 1% & NF MILK	2 CHICKEN TAMALES SALSA REFRIED BEANS CORN COBETT MIXED FRUIT CUP ORANGE 1% & NF MILK	3 HOT & SPICY CHICKEN BURGER GARDEN SALAD RANCH DIPPER BABY CARROTS STRAWBERRY CUP APPLE JUICE 1% & NF MILK	4 GRILLED CHEESE CORN COBETT CELERY SNACK PACK RANCH DIPPER PEAR GRAPES 1% & NF MILK	<b>Cal 606</b> <b>T.Fat 19.36 G</b> <b>S.Fat 5.8 G</b> <b>Chol 47.6 Mg</b> <b>Sodm 1142.43 Mg</b> <b>Carb 85.09 G</b>
7 DOMINO'S PIZZA CELERY SNACK PACK BABY CARROTS RANCH DRESSING APPLE FROZEN FRUIT CUP 1% & NF MILK	8 RIB B QUE BBQ SAUCE BAKED BEANS VEGGIE TRAY RANCH DIPPER APPLE SAUCE ORANGE JUICE 1% & NF MILK	9 CHICKEN NUGGETS KETCHUP SIMPLY CHEX CORN COBETT CELERY SNACK PACK GRAPES 1% & NF MILK	10 CHICKEN BURGER GARDEN SALAD ITALIAN DRESSING BABY CARROTS PINEAPPLE FROZIT APPLE JUICE 1% & NF MILK	11 BEAN & CHEESE PUPUSA SALSA CORN COBETT MIXED FRUIT CUP GREEN APPLE 1% & NF MILK	<b>Cal 599</b> <b>T.Fat 17.26 G</b> <b>S.Fat 4.7 G</b> <b>Chol 39.6 Mg</b> <b>Sodm 1076.79 Mg</b> <b>Carb 84.75 G</b>
14 DOMINO'S PIZZA GARDEN SALAD CELERY SNACK PACK RANCH DIPPER GRAPES PEAR CUP 1% & NF MILK	15 HAMBURGER SEASONED CORN PICNIC BEANS ORANGE SNACK MIX APPLE JUICE 1% & NF MILK	16 TACO SNACK TACO SAUCE REFRIED BEANS GREEN SALAD RANCH DRESSING PINEAPPLE CUP APPLE BITES 1% & NF MILK	17 STUFFED SANDWICH GREEN SALAD ITALIAN DRESSING BABY CARROTS ORANGE LIME SORBET CUP 1% & NF MILK	18 BEAN & CHEESE BURRITO TACO SAUCE CHEEZ -IT'S GREEN SALAD CELERY SNACK PACK RANCH DIPPER APPLE 1% & NF MILK	<b>Cal 623</b> <b>T.Fat 18.31 G</b> <b>S.Fat 6.6 G</b> <b>Chol 42.0 Mg</b> <b>Sodm 1086.38 Mg</b> <b>Carb 86.87 G</b>
21 DOMINO'S PIZZA GARDEN SALAD BABY CARROTS RANCH DIPPER PEACH CUP GREEN APPLE 1% & NF MILK	22 CHICKEN TAMALES SALSA CORN COBETT VEGGIE TRAY RANCH DIPPER ORANGE GRAPE JUICE 1% & NF MILK	23 HOT & SPICY CHICKEN BURG GARDEN SALAD ITALIAN DRESSING BABY CARROTS APRICOT CUP 1% & NF MILK	24 RED BURRITO TACO SAUCE REFRIED BEANS CELERY SNACK PACK RANCH DIPPER APPLE ORANGE JUICE 1% & NF MILK	25 HAVE A GREAT SPRING VACATION 3/25 - 4/1 	<b>Cal 581</b> <b>T.Fat 17.59 G</b> <b>S.Fat 5.0 G</b> <b>Chol 37.5 Mg</b> <b>Sodm 997.55 Mg</b> <b>Carb 81.89 G</b>